

CENTRE STAGE DANCE ACADEMY

Class Description & Requirements

The staff at CSDA is dedicated to carefully choosing the correct class level for each student. Students must have a basic knowledge of the requirements listed below in order to be in a particular level. We provide a general age guide for each class, however, unlike academics, dance cannot be measured entirely by age. There are many factors that a teacher uses to determine advancement of a student – flexibility, natural ability, speed at which a student picks up choreography, knowledge of dance terminology and execution of steps. Many students “know” many dance steps, but don’t yet have the technique or musicality to execute them with style. CSDA staff members base class placement on ability and focus rather than solely on age. Class placement is at the sole discretion of the CSDA staff, therefore we ask that you trust your child’s teacher to know what is best for him or her. Please give the staff the opportunity to observe your child in various classes, so we may place them in the correct level.

Ballet. CSDA offers from pre-ballet through advanced levels. We believe that ballet training is essential because it provides the foundation for all other forms of dance. Ballet students at CSDA will gain grace, posture, confidence, and an appreciation for the most challenging and beautiful form of dance. Students must be able to execute the following steps and know the definition before they may advance to the next level.

Tots Ballet & Pre-Ballet 1: Basic ballet positions

Plie
Tendu
Chaine turn

Ballet 1: (white hip belt)

Pre-ballet technique pre-requisites
grand battement
changement
pas de chat
bouree
stepping arabesque
balance/waltz
rond de jambe

Ballet 2: (yellow hip belt)

Pre-ballet and ballet 1 technique pre-requisites
rond de jambe en l’air
frappe
adagio
sauté arabesque
waltz turn
pique turn
pirouette

reverance

Ballet 3:
(pink hip belt)

Pre-ballet, Ballet 1&2 technique pre-requisites
fendu
attitude
sisone
petite allegro w/beats
tour jete
grand jete
longer combinations

Advanced Ballet/pointe:
(purple hip belt)

Ballet 1,2,3 technique pre-requisites
enrollment in ballet 2 & 3 +
Teacher approval.

Jazz. Our various jazz classes focus on proper technique & artistry at each level. Students will learn how to: a) stretch and strengthen the muscles by an extensive warm-up; b) turn, kick, and leap across the floor combinations; and c) execute different styles and techniques through a center floor combination. Students enrolled in beginning jazz are STRONGLY encouraged to also take ballet as many steps/terms cross over from class to class. However, we require our more experienced jazz students to cross train. Students must be able to execute the following steps and know the definition before they may advance to the next level.

Beg. Jazz technique:

chaîne turns
battements
chasse
pas de bourée
pirouette
pique turn
jete & sautechat

Int. jazz technique:

Beg. Jazz technique pre-requisites
+ min of 1 ballet class
pas de bourée turns
double/triple pirouette
axel
chaîne jete
second jete
sauté basque
battement pitch

Adv. jazz technique:

Beg and Int technique pre-requisites
+ min of 2 ballet class
Scissor leaps
Somersault kick back

Fouette turns
A la seconde turns

Lyrical/Contemporary Jazz. This higher level dance class integrates jazz, ballet, modern and contemporary dance techniques with a focus on self-expression and exploration. Designed to let the dancer tell a story through the combination of music, lyrics and choreography, the class is offered to students who have shown an advanced level of technical mastery and who are currently enrolled in 2 ballet classes and have a CSDA teacher's approval.

Musical Theatre Jazz. Designed to introduce the dancer to different musical theatre styles, the class combines dancing, singing and acting in a piece of choreography. A strong jazz emphasis provides the basis of the program where dancers learn original works of Broadway choreographers and are challenged to bring the performance content (love, anger, humor) to life. The class consists of warm-up, across the floor and center combinations. Theatre Jazz classes are divided by both age and ability as to allow for appropriate Broadway styles & song selection. Ballet is required for the advanced level.

Hip Hop. These classes are all about fun!! CSDA students will fuse the dance styles of jazz, funk and street dancing, as well as explore traditional urban forms of movement. Classes include a warm-up and a fast-paced routine. Advancement in this class will be at the teacher discretion.

Tap. Our tap classes focuses on the dancer using their feet as the instrument. Rhythm and syncopation, "hoofing" it, classical Broadway styles, we teach it all! Training includes a warm-up, across the floor and center combinations focusing on the concept of ear training and integrating both visual and auditory components.

Beg Tap:

- flap
- Shuffle
- Buffalo
- Maxi ford
- Military step

Tap 1:

- Beginning tap technique pre-requisites
- shuffle hop
- flap heel
- flap/shuffle ball change
- cramp roll
- waltz clog
- running flaps

flap heel turn
back essence

Tap 2:

Beginning tap and tap 1 technique pre-requisites
time steps
traveling time steps
maxi ford turns
cramp roll turns
rolling shuffles
bombershay
pull back
split pull backs

Tap 3:

tap 1, 2 technique pre-requisites
single & shuffle wings
drawbacks
toe hits
riff walks
grab offs

Voice: Students will learn basic breathing techniques, ear training, site reading, holding basic harmonies and performing both solo and choral music. Each class requires a \$25 music fee (due twice a year), a 3-ring binder and pencil.

Music appreciation/Tots: pre-k through 1st grade

"BVC" Beginning Voice Class: Grade 2-8
Students must have basic reading skills

"VOCALease": Grades 9-up
Emphasis on harmonies and a cappella musical selections